ST. AGNES VOICE

Term II Issue 4 May - August 2024 | ST. AGNES GIRLS BOARDING P/S

p.8

Rev. Sr. Berna Nambowa joyfully receives the Katikkiro of Buganda Owek. Charles Peter Mayiga with a handshake during their Primary Six pupils Education tour to Bulange.

ST. AGNES FINISHES 2ND IN THE DIOCESAN RELIGIOUS FESTIVALS

St. Agnes Catholic Girls' Primary School- Naggalama (St. Agnes GBP/S) succeeded in the Lugazi Diocesan Religious Music Festival and were crowned 2nd after their thrilling performance in this annual event which took place on the 21st June 2024 at Namagunga Parish in the main hall.

p.2

St. Agnes GPB P/S in one of their extra – ordinary perfomances during the festival.

St. Agnes learns how to Extinguish Fire

p.3

Design & Print: Kiggymans Invention, Tel: 0782 150653 Email: kiggymans@gmail.com

St. Agnes finishes 2nd in the Diocesan Religious Music Festivals

By Nassiwa Marvis, Ekit Pauline, Munguci, Namata, Namawejje and Echoni

St. Agnes Catholic Girls' Primary School-Naggalama (St. Agnes GBP/S) succeeded in the Lugazi Diocesan Religious Music Festival and were crowned 2nd after their thrilling performance in this annual event.

This Diocesan Religious Festival took place on the 21st June 2024 at Namagunga Parish in the main hall, but was preceded by different performances at the different deaneries.

The event usually takes place in order to spread religion and strengthen the Catholic Faith amongst the learners and the entire community in the catholic schools in Lugazi Diocese. The festivals are held in a competitive manner whereby the first and second winners take trophies while the rest are given other prizes.

Competitions are theme based and this year's theme was 'Oh Lord, Let Me See Again'. Performances include poetry, prayer, drama, debates, songs and usually done by classes (one to six).

The schools that normally participate in these events are; Namilyango JBS, St. Thereza Namilyango P/S, Stella Maris Nsuube, St. Thereza Namagunga Primary Boarding School, St.Joseph Kanyogoga , Namagunga Mixed Primary School, Good Hope and many other schools.

The competition began with Namilyango JBS that presented the Primary One pupils with a song and a prayer based on the same theme. Namagunga Mixed P/S presented a poem and a song about the importance of baptism. Under the same theme, St. Thereza Namilango presented poems and our own St. Agnes GBP/S, presented poems, a play and a song about the same theme.

His Lordship Bishop Christopher Kakooza, thanked all schools that practised in the Diocesan Religious festivals this year. He also thanked all teachers for teaching the children the religious and moral values. The Bishop urged these schools to continue carrying out these events.

Mr. Kiyingi Peter, one of the top organizers of the Religious Festivals at Namagunga Parish, informed us that the Religious Festivals are carried out;

- To spread the Gospel.
- To promote togetherness.
- To make friends.
- To teach catechism

He also advised the schools that when training the pupils, the trainers should base on the Bible especially in the Catholic interpretation in whatever they teach.

Finally, Mr. Kiyingi Peter said that the Parish of Namagunga is now 25 years old, meaning all schools within have a reason to celebrate the growth and development of their Prish. In his speech, Rev. Fr. Ignatius Ndawula, thanked all the people who participated in the year's event and he was hopeful that pupils had learnt a lot about their religion. He also described these presentations as fruitful foods for one's soul. He thanked the community of St. Theresa Girls-Namilyango for buying the new trophy which is awarded to the winning school. He also appreciated all the instructors for training the pupils and to exhibit wonderful items on the stage

On interviews with some of the teachers;

Ms. Elizabeth, a teacher at Good Hope P/S said that according to what schools performed, she felt that learners acquired good knowledge about religion. She named St. Elizabeth P/S to be among the top schools if judgement was taken from her personal opinion.

Ms. Marie Gorreti, a teacher at Uganda Martyrs mixed P/S – Namagunga said she felt good about these competitions and she guaranteed that children learnt a lot in the shortest period of time. She also said that pupils learn a lot concerning the church and such festivals improve the pupils' talents.

Ms. Nawando Noeline, a teacher at St. Thereza Namagunga said that she felt grateful about the day. She added that the pupils learnt more about catechism and also got to the depth of the Catholic Religion.

Pupils perform their play and poem during the festival.

Mr. Oriokot Timothy recieves the award on behalf of St. Agnes.

Pupils in celebration of their win.

Opinions from some of the pupils we interviewed:

Nantege Mary Ruth, the Ass Head girl at St. Theresa-Namagunga said that her favourite part of the day was making new friends from various schools. She also thought that the R.E festivals are carried out to help the pupils gain confidence and emulate the good things they learn from these competitions..

Mwihali Deborah, a pupil at St. Thereza P/S – Namagunga said that her school performed the best. She added that she was over joyed to interact with some girls of St. Agnes CGP/S - Naggalama

Kayemba John, a pupil at St. Joseph's Mixed P/S – Naggalama said that his favourite part of the day was that moment they were presenting their items on the stage. He added that he learnt to be faithful and helpful to other people.

Nalubega Kaleen, a pupil at St. Thereza P/S Namagunga said that everybody felt quite happy and excited about these competitions. She believes that the R.E festivals are carried out to develop the children's talents and also help to give a good name to the schools that participate.

Odoi Solomon, a pupil at Namilyango JBS felt happy seeing his school taking part in the RE competitions. In his opinion, after his school, St. Thereza Girls-Namagunga performed the best. He also agreed that the RE festivals help to strengthen pupils in the Catholic Faith.

Auma Christian, a pupil at St. Thereza Namagunga felt very okay for having taken part in the RE competitions. She said that these competitions enhance togetherness amongst our schools since we are all brothers and sisters. She added that R.E festivals help us to strengthen our faith. Her favourite part of the day was seeing schools performing to their best

St. Agnes takes on St. Francis in RCT

By Shamma Kyakwita, Don Nsabiyunva, Prime Kairy, Ekit Pauline, Namawejje Gladys and Marvis Nassiwa

St. Agnes Girls Boarding Primary School (ST. Agnes GBP/S) and St. Francis Junior School-Buddo (ST. Francis JBS) had their very first-time inter-school RCT (Read, Comprehend and Tell) competition on 25th July 2024 at ST. Francis JSB.

The pupils of ST. Agnes GBP/S arrived at around 10:30 a.m. and they were welcomed by the prefects of ST. Francis JBS and some of the pupils led by the Head monitor, Hon. Allan Prosper who toured them about and told them a lot of things that make their school unique.

The pupils of ST. Agnes GBP/S were then served a nice breakfast that impressed everyone. The pupils were later taken to the well-decorated tents to take up their seats and thereafter the presentations commenced.

Before the presentations, Mrs. Susan Muwonge "aka The Iron Lady" gave her remarks.

In her speech, Mrs. Susan Muwonge started by singing to the participants a song that aroused their excitement about what was going to take place that day.

She later thanked St. Agnes GBP/S for choosing to visit her school. She finally sent her greetings to the head teacher and staff of St. Agnes GBP/S and said that she hoped to also pay them a visit any day.

After her speech (Mrs. Susan Muwonge), the presentations began by a pupil from ST. Francis JSB before the visitors took the second opportunity. After a few rounds, and time not being the adjudicators' best ally, they decided to allow only one participant for very activity from both schools.

After the 1st session, the participants had a luncheon. They had a delicious lunch together with the pupils of St. Francis JSB.

Afterwards, the participants went back to the tents to begin the 2nd session. Due to limited time, the number of participants per item was reduced from three participants to only one. At the end of it all, the adjudicators announced the results whereby ST. Agnes GBP/S led in most of the items with 8.89 points and it was declared the best whereas ST. Francis JSB took the second position.

Mrs. Susan Muwonge aka The Iron lady said that she lacked better words to express her gratitude for having hosted St. Agnes GBP/S because they eagerly waited for it. She urged all pupils to be active in various activities that will help to improve their talents. She finally said that she looked forward to visiting St. Agnes GBP/S.

Pupils of St. Francis and St. Agnes during a dance battle.

Mr. Kallisa Francis Xavier said that he felt so good and proud seeing his fellow Catholics participating in the RCT competitions. He urged the St. Agnes GBP/S pupils to continue upholding the acquired reading skills so as to fulfill their dreams.

Mr. Lukoma Ashn, said that the activities were so good and educative to him as a believer. He revealed to us that they had expected St. Agnes GBP/S to visit them in the first term.

Mr. Ssewanyana Saif said that the day was good. He mentioned that his best reader was a pupil from St. Agnes GBP/S, Hon. Aturinda Lyn Shalom. He ended that he wished both schools could succeed in these competitions.

Ms. Kalule Vincent said that the day's activities were interesting and she predicted that St. Agnes GBP/S would win the competitions. She revealed to us that her favourite reader was Hon. Nabadda Jeremester of St. Agnes.

Mr. Wampamba Malcom said that the day was so good. He mentioned that his favorite part of the activities was when the children of Agnes GBP/S started reading. He also wants their pupils also to visit Agnes GBP/S.

Ms. Nandela Franklyn said she was impressed seeing the pupils of Agnes GBP/S interact freely with those of St. Francis JBS. She revealed to us that story telling was her favourite.

Nalwanga Maria receives a certificate in recognition of her outstanding performance.

The Hot & Ever 1st Fabulou
Great Ed cators'
Children's Re ing Arena at
St. Francis J chool Buddo.

Namaganda Joan a pupil of St. Agnes makes her presentation at the competition.

Munguci Denyque receives a gift in appreciation of her performance.

Rev. Isaac one of the adjudicators in an interview with one of the media team.

St. Agnes learns how to Extinguish Fire

By Kyakwita Shammah, Marvis Arusha Pauline Ekit

Mr. Steven Mpaji from the Fire Brigade Office demostrates to pupils how to open a Fire Extinguisher.

The pupils of St. Agnes Girls Boarding Primary School (St. Agnes CGBP/S) in the school freedom square on 10th August 2024 were taught how they could put out fire of different types.

Mr. Mpaji Steven (from the Fire Brigade office) who clearly demonstrated to the learners how to deal with fires in case of any fire outbreak also described to them the different types of fire extinguishers for each type of fire. He mentioned to them that there are some items we get from our surrounding that can help to extinguish fire, for instance; sand, water, cotton cloths (of thread material) and thick cloths like blankets.

He explained to the learners that in case a person is on fire, they should not use a fire extinguisher because it contains dangerous gases and it has a great pressure that may kill a person. He stated that if a person catches fire he/she should be covered with a cotton cloth (of thread material) or a thick cloth like a blanket to extinguish the fire. He mentioned that the school can install the smoke detectors that can help to alert people in case a fire has gutted a building.

The instructor also explained to the children that there are different types of fire extinguishers painted with different colours signifying a type of fire each one puts out. He said that these fire extinguishers consist some letters written on each cylinder to help in identifying the different classes of fire, for example;

A- for water
B- flame liquids
C- for gases
D- for metals
E- for electrical fires

He mentioned that when you are putting out fire, you have to follow the following procedures:

P- pull off the seal and the safety pin
A- aim at the base of the fire
S- squeeze while sweeping

The instructor guided the learners on what they can do in case a fire guts a building such as:

- run out of the building
- alternatively, you can escape through the window
- shout out the word "fire, fire……" as you run as fast as your legs can carry you
- run to the assembly point and make a head count

Nabadda Jeremester the headgirl showcases her skill in putting out fire.

Mr. Frank demonstrates how to put out fire.

In an exclusive interview with

MR. STEVEN MPAJI (the Fire Fighter), he says that he feels so privileged having been invited to this school to perform a demonstration about fire-fighting. He hopes that all the pupils have acquired the basic skills of putting out fire. He thanked the headmistress for considering the security and safety of the school as a first priority. He says that children also have to play an important role as far as the security their school is concerned. He advised the children not to play with fire extinguishers because they may end up wasting the content kept in the cylinders.

ADRIANNA MANUELLA (a pupil), says that she feels well having learnt about the use of a fire extinguisher. She informed the media that it was her first time see how a fire extinguisher is operated. She appreciated the fire fighter for demonstrating to the learners very well.

NALUWAGGA ANISHA (a pupil), says that it is quite vital for everyone to learn how to put out fire whether at home or at school. She mentioned that she got headache before the demonstration ended but she stayed there until the end of the demonstration. She says that she is very happy to have acquired new knowledge about how to use a fire extinguisher.

NAKAMATTE GIFT (a pupil), says that feels so happy having been one of the luckiest pupils to be selected among those to carry out the demonstration activities. She says that she first feared before she went in front of the pupils to show them how to handle a fire extinguisher during the fire-fighting situation. She told the media that the demonstration was interesting.

St. Agnes holds another round of Medical Check - up

By Nassiwa Marvis, Kyakwita Shammah, Ekit Pauline, Namulondo Maria, Nakamate Gift

St. Agnes Catholic Girls' Primary School - Naggalama (St. Agnes CGBP/S) maintained its culture of carrying out the pupils' medical checkups, an activity that is embraced termly.

The medical checkup this term took place on the 8th June 2024 in the last floor of the Mother Kevin Kearney Centenary dormitory.

The medical personnel from St. Francis Hospital-Naggalama as usual did a commendable job in carrying out this exercise. The medical checkups in St. Agnes CGBP/S are normally carried out to assess the children's health status and also give treatment to those that have certain diseases.

Dr. Allan Ssentongo, the doctor in-charge said that the exercise was smoothly handled. He says that most of the pupils especially the little ones of Primary One that he thought would give the medical team a hard time, were this time very calm and made doctors' work easy. He also said that children's honesty and openness enabled the doctors to get the right results. He finally thanked the Headmistress for the hospitality and warm reception they were given. “Usually when we come to St. Agnes, the work becomes easy because both the learners and teachers are truly cooperative,” added Dr. Allan.

Dr. Robert, the Deputy Medical Director said that the medical checkup is carried out to ensure the well-being of the pupils. He advised the pupils to maintain the community hygiene and not forgetting to improve personal hygiene so as to prevent diseases such as Red eyes, cough and flu which can easily spread from one person to another. He revealed to us that the termly medical checkups are very vital since they help to identify the pupils' health problems and then they are able to administer correct medicine.

Nurses take a deep examination of the pupils' health during the exercise.

Mrs. Wambuzi Edith, the Deputy Headmistress said that medical checkups are a usual thing carried out every term when the school opens. She said that the exercise was very successful. She mentioned to us that a big number of girls were positive towards this activity and they did not give hard time to the doctors. She added that, the few who would have limited fear, gained confidence when they saw from the first set of learners that the exercise was friendly and done by experts. Dr. Derick , one of the medical personnel said that the day was okay though some pupils were afraid of seeing their fingers being pricked by the doctor to get a blood sample. He says that it was a bit of challenging only at the beginning. He explained to us that this exercise is usually carried out to make a thorough assessment on the health of the children. He advised the children to maintain good personal hygiene.

Ms. Namboowa, the School Nurse says that in order to limit sicknesses at school, pupils must sleep in mosquito nets, drink enough boiled water and avoid dodging any meals.

IT'S A GOOD THING TO MAKE FRIENDS

By Joan Tafumba

A friend is a person one knows and likes especially that person who is not a member of one's family.

Friends are recognized as being the most important features in people's lives. A friend will be important in this well-known reason; supporting a friend in need especially if one has encountered difficulties in one's personal life.

Many times, one makes friends with people of their age. For instance, if you consider having involved yourself in a school educational exchange with other schools within the Commonwealth countries. In this situation, you are likely to find different people with different cultures, religion, colour, behaviour and races. This may not seem quite an easy thing to cope with.

In my opinion, one makes friends under the following circumstances; the way one relates with others in society and the attitude he or she has towards others. One can have either a positive or a negative attitude. In most cases, friendship is easily created through being in good terms with other people.

One can make friends in many ways. One of them is through helping each other. How? In case one gets a problem and another person is in position to help him or her solve that problem, they will end up becoming good friends. Another way is through sharing with the less privileged. How? So many children are needy and when you give a helping hand by giving them clothes, shoes, soap, books and pens plus more other things, they will be very pleased and grateful which builds the bondage of friendship.

Secondly, making friends in a Commonwealth country that is different from yours is also based on the above-mentioned ideas. Being a new environment, you need to be social so that you make many friends and avoid being lonely. When you associate with the different people from different countries, you will learn a lot from them as they also learn from you.

Back to my roots in Uganda, we have different dress codes since we are a multicultural nation. Some of the tribes in Uganda are the Baganda where women wear “gomesi” and the men wear “kanzu” as compared to the rest of the nations like; in India, women wear a “ sari ” and the men wear a “ turban ” on the head. So, you can as well build friendship by respecting a person's cultural values and norms. You have to consider the fact that people are different in the way they dress and the way they live. Considering all the factors I have pointed out; you can easily make friends with other people in other countries.

352 GROW DEEP IN CATHOLIC FAITH

By: Marvis Arusha, Nakamatte, Namawejje, Nabuduwa

© UCO| Media Team
GOOD NEWS BIBLE

Confirmands make their vows before the congregation.

352 pupils of St. Agnes Catholic Girls' Boarding Primary School Naggalama (St. Agnes GBP/S) received their sacraments on the 15th June 2024. The function took place in the well-decorated tents that were pitched in the school field.

The theme of the day was "DELIGHTED BY THE HOLY SPIRIT FOR OUR SPIRITUAL STRENGTH". The Primary Five and Primary Six animated the Mass that day.

The First Reading came from the Book of; Acts of the Apostles 2:1-11 and the Second Reading came from the book of Galatians 5:16-25. Then the Gospel came from the Holy Book according to John 15:26-27; 16:12-15.

During the homily, Bishop Christopher Kakooza informed the congregation that on such a day, children (confirmands) receive the Holy spirit in their lives and get special blessings from God.

The Bishop thanked parents for having brought their children to this Mighty school (St. Agnes GBP/S). He also thanked the Headmistress of St. Agnes for building the religious faith in the young generation.

The Bishop also said that the school is one of those few schools today, that try to develop the singing talents and also providing the learners a good learning environment.

The Bishop finally urged the parents to instill in their children good morals and teach them how to pray.

Rev. Sr. Rose Basemera, the Headmistress of St. Agnes clarified that ninety- five girls received the First Holy Communion, one hundred girls were confirmed in the Catholic Faith whereas one hundred and fifty-seven girls vowed to commit themselves to the Catholic Faith. She greatly thanked the bishop for having graced the day and for helping the young flock to take big steps in their Catholic life. Sr. Basemera also thanked the parents for the provisions and all forms of support they gave to ensure that the day picked the image it had.

On interview with some parents of the brides of this day;

Ms. Kayesu Carol, a mother of Namata Kourtney, a pupil of St. Agnes GBP/S said that she felt good and over joyed. She believes that the event was carried out to strengthen their children's faith. She also added that her favourite part of the day was offertory time; "I liked seeing everybody actively involved in the gift-giving."

Ms. Nakiwoolo Mary, a mother of Nakigudde Elzern of St. Agnes GBP/S said that she felt gladdened looking at the well decorated tents in the field. Her best part of the day was seeing her daughter consecrate to Mother Mary.

Ms. Namata Prossy, a mother of Echoni Gabriella Letasi said that she felt so happy. She encouraged the confirmands to read the Bible regularly so as to keep closer to God and strengthen their faith.

Nakigudde Elzern, one of brides who committed themselves to the Catholic Faith said that her favourite part of the day was when the brides made their vows before the Bishop. She also mentioned that the function was quite wonderful and memorable.

Brides of the day in a procession before Mass.

The brides of the day cut the cake with the Bishop.

Rev. Sr. Rose Basemera together with the pupils joyfully welcome Bp. Kakooza to St. Agnes Naggalama.

75 Candidates Qualify for Paper Two Maths Contest

By: Marvis Nassiwa & Pauline Ekit, Munguci D

Candidates receive briefing before the Maths paper at Global Junior School.

Seventy-five candidates of St. Agnes Girls Boarding Primary School (St. Agnes CGBP/S) qualified for the second paper of Mathematics contest.

On 29th June 2024, the contestants headed to Global Junior School (Global JS) where they had to sit this paper.

Other schools that had many candidates qualify for the same included; Namilyango Junior Boys School, Good Hope, St. Joseph's Mixed Naggalama, Mukono Boarding, Mukono Junior, Seeta Junior-Mbalala, St. Thereza Namiryango, Global Junior School, Corner Stone Primary School among others. The schools reached the centre in the morning very ready for the paper.

Before they entered the rooms to write the paper, they were briefed and taken though the program of the day by Mr. Okello, the Director of studies (DOS) at Global JS. The participants were then allocated classrooms where they were to sit the paper.

In an exclusive interview with Mr. Okello, the DOS at Global JS, he says that the day went well. "Indeed, the day has been wonderful and I am happy that different schools have turned up for the second paper." Said Mr. Okello who spoke in a voice full of happiness.

He encouraged the schools that had not participated in Math Contest to follow suit. He mentioned that such activities are very good to the learners because they help to sharpen the pupils' brains and also build the confidence in learners.

Mr. Okello alerted us that life will never exist without Math and therefore understanding the principles of this subject makes life a sweet story. He told the media that in their school, they included pupils from P.4 because they want to develop their ability and love of Math at that level.

The media interviews some of the pupils that attended the Math Contest.

The media interviews the Global Junior School Director of Studies.

Interviews with some pupils

Brooke Martins (a pupil at Global JS), said that she is positive about the contest because Math is a key subject even at other levels of education. She also said participating in this contest helps them to make practices broadly and this makes Math easy.

Ssaku Khloe Karen (a pupil at Global JS), said that Math Contest is a key innovation that will promote critical and logical thinking. She says that the schools which don't support it have really missed a lot. She advises them to join the rest of the schools so as to the achieve better grades in Math.

AKURUT PAULA KOLUO (a pupil at Stella Maris Boarding P/S) about the Math paper, said that it was fair. She mentioned that the contest is conducted to test the pupils' ability and develop in them the spirit of loving to practice Mathematical numbers. She explains that being a Primary Seven pupil, this Math contest definitely aided in her revision.

BLESSING (a pupil at Namilyango JBS), said that the day is very good. He added that, while the contest tests the pupils' memory, it also asks the learner to apply many principles during the calculations.

NAMAGANDA (a pupil at Stella Maris-Nsuube), said that the paper was somehow easy and she thanked God that she completed it well. She added that she was confident that she would pass the paper. She explained to us that the Math contest is conducted to test all the Math abilities of a children.

St. Agnes embraces the Value of Educational Tours

By Pauline Ekit and Marvis Arusha Nassiwa

The Primary Six pupils of St. Agnes Girls Boarding Primary School-Naggalama (St. Agnes GBP/S) went on the tour to educational places on 17th July 2024.They went to places like the National Crop Research Institute (NCRI), the Buganda Parliament at Bulange-Mengo and finalized everything at Freedom city where they went for pleasure and relaxation.

At NCRI, Mr. Ochepa, the tour guide taught the pupils about the methods of plant propagation. He also taught them more about how crops are grown, how they are cared for and how they are harvested. After the crop husbandry, learners moved to the NCRI weather station on the farm institute. They were guided by their second tour guide MS. NAKUBURWA JOAN. The pupils viewed different weather instruments kept in the Stevenson Screen.

Thereafter, the learners were driven to Bulange-Mengo to see the Buganda Parliament. At Bulange, the pupils were welcomed by Mr. ELVIS, the tour guide and he assembled them at the parliamentary courtyard. He taught them all about the history of Buganda since the late former Kings (Ssekabaka). The guide also taught the pupils about the Buganda clans and their totems. Later, the learners headed to the Lukiiko hall (Buganda Parliament) where the guide showed them the sitting arrangement of the Buganda Ministers in the Lukiiko (Parliamentary sitting). Standing in the Buganda Parliamentary courtyard, the tour guide showed the learners the palace (Lubiiri) which was about one mile apart.

After a while, the Katiikilo of Buganda Hon. Charles Peter Mayiga arrived. With excitement, the learners knelt down to greet him. They took photos with him before he entered the Buganda Parliament.

Asiimwe Ritah (a pupil), says the tour was fascinating because she got chance to see the Katikkiro of Buganda. She also narrated that they were given enough time to swim while at Freedom City. She ended by thanking the Headmistress for allowing them go on tour. She also conveyed her gratitude to her parents who paid for her tour.

Don Charleen (a pupil), she says that she feels exceptionally pleased about the day. She says her very best part of the day was dancing while at Freedom City.

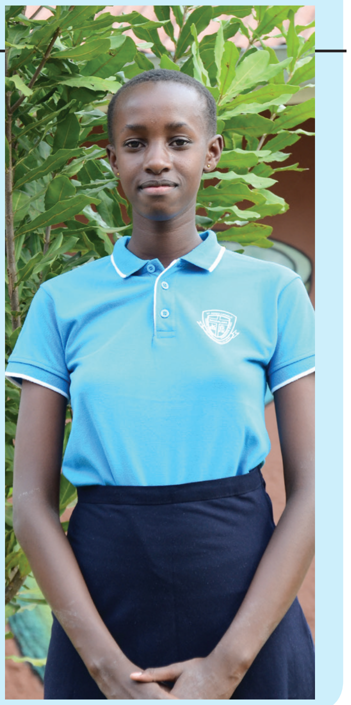
Pupils view one of the statues at Bulange.

Pupils pose for a photo with the Katikkiro of Buganda Owek. Charles Peter Mayiga.

Ms. Nakuburwa Joan one of the tour guides showing the pupils some of the instruments at the weather station.

My talk with the Sea creatures

By Kaitesi Daphine Babirye



As I stared out into the vast expanse of the ocean, I noticed something strange out of the ocean. It was a group of dolphins that had surfaced at the shore. Their sleek bodies gliding effortlessly exiting the water body. What caught my thought was the fact that dolphins seemed to be looking straight to me with their eyes sparkling with an unusual intelligence.

Curious and slightly bewildered, I attentively approached the water body's edge calling out to the dolphins. To my surprise, they responded in a series of a high-pitched clicks and whistles as if they could easily communicate with me. I could hardly believe my ability to communicate with the sea creatures.

Intrigued by this newfound ability, I continued to communicate with the dolphins asking them questions and sharing stories about my life experience on land. To my delight, they could respond in kind, sharing with me tales of their oceanic adventure and experiences. I finally found myself forming a deep connection with such intelligent and magical creatures.

As the evening approached, I realized that my newfound ability to talk to sea creatures was a gift that I would treasure the whole of my life. The dolphins and I, exchanged thoughts, ideas and we formed a friendly bondage and connection that transcended the boundaries of the similarities of living beings and the importance of empathy and interactions with the natural world.

As the sun went down to its horizon, casting a brilliant display of colors across the skyline. I bid farewell to my new friends, knowing that their relation with me will last forever.

As I walked back away from the ocean shore, the sound waves seemed to whisper a final message of gratitude and wonder, a reminder of the magic and beauty that can be found in the unlikeliest in that place. This was the magical realism, the wonders of the world that seemed surprising and indeed unforgettable to me.

Mid-Term Exams cause Learners Panic

By: Miriam Peace Gift, Juliana Mpologoma, Kourtney Namata.

The pupils of St. Agnes Catholic Girls' Boarding Primary School [St. Agnes CGBP/S] got involved in intensive reading of their books in preparation for the MID-TERM examinations which were scheduled to begin on Monday 24th June 2024.

On the eve of the examination day, some groups of pupils were seen all over the school compound, some on the verandahs and others in tree shades trying to dig deeper in their note books and trying to figure out what could come in the MID-TERM exams. This time round pupils showed a lot of seriousness in discussing various subjects to make sure that they remind themselves of what their teachers had taught in the previous classes.

In this period, different learners had been seen going to their subject teachers seeking more explanations and clarifications about what they had been reading.

What others say

Aturinda Shalom and Ntale Immaculate, (Primary Six) learners say that practice makes perfect. They also say that if one doesn't revise one's books, one cannot excel in exams. They say that they revise not only to pass exams but to recall and retain what their teachers taught them in the previous classes.

Some of the pupils make serious revision in preparation for the Mid-Term Examinations.

Some of the members of the media team interview the DOS Mrs. Mukibi Teddy.

Nassolo Pauline, a Primary Four learner, says that discussing the challenging numbers in groups, consulting from the teachers and sharing knowledge with friends are the best ways to perfection. She urged the fellow learners to do regular revision so as to better their performances.

Mr. Otukol Wilber, the head of Mathematics Department and a teacher of Primary Six says that the Mid-term exams were done well. He says that good performance in exams comes as a result of teachers' commitment at work and the pupils' positive attitude towards studies.

He advised the learners to be generous in sharing knowledge and mind assisting their fellow children in areas where they are not well conversant. He also said that excellent results impress parents when they check the progress of their children in studies. He says that parents on Checking their learners' progress, good results give them hope and the energy to continue looking for money to pay the school fees.

Mr. Kabundama Peter, the Academic Supervisor and Primary Five teacher of Mathematics says that examinations are done to find out how much knowledge and skills the learners have acquired or to know whether the learners mastered the content they learnt. He revealed to us that examinations also help parents to know how their children are progressing in studies. He also says that exams are used for accountability to the parents; parents always want to know whether their children have truly been studying.

Namugabo Gloria and Namukose Blessing, (Primary Six) pupils say that consulting from the subject teachers is very vital because it enables learners to rectify the misconceptions they may be having about particular topics. They say that regular practices especially in Mathematics help to build confidence in the pupils and enable them to improve on the concepts they find challenges.

Abito Louisa, a pupil of Primary Five, encouraged the learners that they should neither panic nor fear when they are going to write the examinations. She advises the pupils to prepare themselves enough by continuously revising their notes prior before the examination schedules. She says that by doing thorough revision, it also helps to minimize panic for the exams.

Some of the members of the media team interview the Deputy Headmistress Mrs.Wambuzi Edith.

Some of the members of the media team interview Mr. Kalema Robert the Deputy in charge of Academics.

Pupils make serious revision in preparation for their Mid-Term Examinations.

Old Girls (2016) pay a visit to Former School

By Martha Kisombo, Sanyu Mugisha, Cynthia Napiso and Lydia Katana

The Old Girls (OGs) of St. Agnes Girls Boarding Primary School-Naggalama (St. Agnes GBP/S) of the year, 2016 paid a courtesy visit to their founding school and teachers of St. Agnes GBP/S on Friday, 19th July 2024. These OGs (6 in number) revealed to the St. Agnes Media that they had completed their Advanced Level of Education (A-level).

They further informed us that they made up their minds to come to St. Agnes so as to have good time with their former teachers. They also told us that they had planned to interact and share in words of wisdom with the candidates,2024. After that, they took a walk around the school and had to visit their former matrons.

They also went to the staff room to meet and interact with the teachers and they also cut a cake they had brought to their teachers to thank them for the great work of grooming them into responsible ladies. The day was merry and fun seeing the OGs feeding some teachers some pieces of the cakes.

The teachers appreciated the OGs for that courtesy visit. They also raised their hands, prayed and blessed the OGs and wished them the best in their studies at the university.

OGs feeding their teachers some pieces of cake.

The media interviews the OGs that visited the school.

Teachers bless the OGs.

In interviews with the St. Agnes Media team, the OGs shared their experiences as follows

Kirabo Venna, who was the class captain of P7E-2016, says that her most memorable days were the end of term house parties, "we used to dance at night aka **kilo-more**. We used to have fun on such days. I will always remember the P.7 level because it's the level that summarized my seven year-course of primary in 2016. I was in this school (St. Agnes GBP/S) since,2010.

Babirye Lisa, said that she loved the days they could be served with juice at the dining hall. "I would always yearn for that sweet passion fruit juice," added Lisa in an exclaimed voice.

Nansereko Lucy, who was the then House Head of St. Agnes House(white), said that she loved the Women's Day celebrations. "We would eat good meals and later have a dance to crown the day. My favourite class was Primary Four being the transitional class and because of the caring teachers that made me feel at home." Added Lucy.

Nakikabi Judith, who scored 4 aggregates in PLE-2016, said that she loved the time they could go to harvest potatoes and cassava. She narrated to us that she used to eat the row cassava in hiding because it was not allowed. She also told us that she could also sneak some pieces of cassava to share with her friends in the dormitory which was totally illegal and punishable. Judith, warned the current learners not to do the bad things she used to do but copy the bright and right side of her life.

Anyango Martha, said that she loved the days P7 pupils could go out on educational tours. She narrates that it was the only time they could be relieved from the books and classroom situation, and somehow, they could get ample time to relax their minds.

Mayengo Jovia God's Love, said that she loved the Feast Days because pupils used to listen to stories about our Patron Saints. Such were quite inspiring moments.

Adopting a Greener Commonwealth

By: Kyakwita Maria Irene Shammah

TThe pursuit to maintain a greener Commonwealth is really paramount. It`s a fact that every nation should focus on. The Commonwealth countries must work together to make the world a better place. And that`s exactly what we need to do to protect our planet.

Imagine the world where there is fresh air, the oceans are clean and the forests are lush and green. The world where we can play freely without worrying about pollution. Where animals thrive. And enjoy natural habitats. This is the world we can create by adopting a greener environment.

A greener Commonwealth simply means working together to protect our planet earth and its resources. It`s like a big team effort, where every single person makes a difference on the planet. We can start by reducing, reusing and recycling. We can use public transport, carpools or bikes to school. We can turn off light and electronics when not in use and conserve water.

By working together, we can create the world where everyone has access to clean air, water and a healthy environment. The world where we can live in harmony with nature and build a brighter future. It's a big goal, but every small step counts and every voice matters.

A One on One with one of the new pupils

Compiled by Kenleigh Madeleine Alowo

KENLEIGH: Arise and shine my fellow pupil.
PUPIL: Arise and shine my friend.

KENLEIGH: I am Kenleigh Madeleine Alowo, in Primary Five, the Assistant Writers' Club President. And you?

PUPIL: I am Ddamba Janice in primary Four.
KENLEIGH: **Which school were you if you don't mind telling me?**

PUPIL: I was at Kampala Primary School.
KENLEIGH: Briefly, would you tell me how you find our School, St. Agnes.

PUPIL: It's an amazing school. I was scared of the new environment but now I don't regret having made the choice. The pupils are so welcoming and the Headmistress is so nice. The teachers and matrons are all good people.
KENLEIGH: Quite delightful, we surely welcome you to our school and I am glad you like it. Be a disciplined girl, stay focused and you will enjoy every moment of your stay at St. Agnes. This is what our Headmistress and the teachers tell us every day.

PUPIL: Thank you, Kenleigh.
KENLEIGH: By the way, have you heard about our School Motto?

PUPIL: Yes, I have. It's "WALK IN TRUTH BEFORE GOD AND MAN"
KENLEIGH: Wow! brilliant of you. If you live by that Motto, your stay at St. Agnes will definitely be a smooth lane.

PUPIL: Thank you so much.
KENLEIGH: My pleasure.

FROM THE SEA THEY CALL ME

By Pauline Ekit

In the quiet of night, I feel at peace
With the moon shining brightly, never to cease
The star's twinkle above
So far, yet glowing as though they were near
I feel a sense of calmness
I am free from fear

I wonder through the darkness
With no destination in my sight
Lost in my thought
Like a bird taking a flight
The world seems so vast
And I am just a speck

The cool breeze whispers secrets to my ear
As I walk along
Filled with wonder and cheer
Nature surrounds me
I am in all its glory
And I am reminded of life's never- ending story

I hear the rusting of leaves
The chirping of crickets
The symphony of crickets
So soothing, so exquisite
I feel the earth beneath my feet
Solid and sure, I am grateful for the moment

The darkness is not scary
But rather inviting
A canvas of possibilities, endlessly exciting
Feeling a sense of freedom
A promise to nights
With all its mysteries and allure

I let go of my worries
Feeling so secure
And at this moment
I am truly free
To be myself, to just be me
I feel so alive, a feeling that was enticing

So, I'll cherish these nights
The moment of peace
When the world is still
And all my anxieties have to cease
And in the darkness, I feel alright
I find my light, and in the quietness

Here I am cleaning the beach,
I am picking up litter
Suddenly I hear a voice, a call from a distance
Confused, I look around to find out
The voice I could hardly recognize
I notice a thing in the dark
A seagull perched nearby a rock

I couldn't believe my eyes
A talking seagull of the like
Thanking me for cleaning the shores
Tells me stories about the sea creatures
How litter affects the deep waters of the sea
Urges me to go on, clean the beach

I am in awe at this incidental conversation
With a seagull I feel a renewed sense of purpose
With determination to do my part
Protecting the sea creatures from harm
I promise to always clean the beach
Take care of the precious sea creatures

For the creatures can now exist
With the help of my charitable work
I made the world a better place for them
We can join hands for a splendid world
And we can live in harmony with other creatures.

SPOR

PHYSICAL EXERCISES IMPROVE THE PUPILS' BODY FITNESS

By Lydia Katana & Martha Kisombo

The candidates of St. Agnes Catholic Girls Boarding Primary School (St. Agnes CGBP/S) were seen in the school playground on Wednesday, 27th June 2024, as they resumed their trend of doing daily regular physical exercises to boost their health. The candidates from then continued daily physical exercise for at least thirty minutes at 4:00 p.m. (Games and sports time) in the school main playground. The pupils were instructed by Ms. Nassolo Shanitah, Mrs. Wambuzi Edith & Mr. Nuwahereza Onesmus who ensured that these activities take the best order; that is; warm up activities and cool down.

Mr. Nuwahereza Onesmus, says that daily physical exercise will help candidates to develop strong muscles and also improve on their mental health. He encouraged everyone to engage themselves in doing regular physical exercises with others because they help to keep their bodies disease free.

Mrs. Wambuzi Edith, the deputy head teacher told the media that she encouraged the candidate class to do daily evening body exercises in order for them to get relaxed having had a busy schedule all day long.

She said that these exercises can help to break the monotony from class work. "They can also help to improve children's health by reducing body fat and toxic body materials through sweating," she added.

Ms. Nassolo Shanitah, one of the instructors mentioned that the physical exercises are very vital for every person. She told media that those who are usually occupied in offices for long hours need to do more body exercise to refresh their minds and relax their body muscles. She explained to the media that without body exercises, you will be inviting several diseases like; diabetes, high blood pressure and many other related diseases.

Namusoke Flavia (a pupil), who was found seated outside the field told the media that she misses the physical exercises due to her health issues. She said that the body exercises are so good more so to the young developing minds.

Kisaakye Margret (a pupil), who we found sweating after the exercise narrated to us that the exercise had been vigorous and had made her so exhausted. She said that she loves doing exercises with others because they are enjoyable and allow the pupils to make fun.

Ntabadde Martha (a pupil), who we found with other four girls playing netball in the field told us that she had resorted to playing netball because she loves it so much. She mentioned that she dislikes doing exercises that make her very exhausted such as; running, gymnastics and jogging. She said that she preferred netball to the rest of these activities because it does not involve the use of a lot of energy.

Candidates stretch their bodies during the physical exercise in the school playground.